

COBRA GOLD 15



Photo by 2nd Stryker Brigade Combat Team Public Affairs

LOPBURI, Thailand — Thai soldiers from the 31st Infantry Regiment and U.S. Soldiers from the 1st Battalion, 27th Infantry Regiment, “Wolfhounds,” 2nd Stryker Brigade Combat Team, 25th Infantry Division, work together to complete mortar-based training scenarios, designed by their leadership, during the partnership-building training exercise, Cobra Gold 15, here. See page A-3 for additional photos of Cobra Gold 15.

225th Bde. Spt. Bn. takes part in Operation Red Ball

Story and photo by
2ND LT. MOLLY SEVCIK
225th Brigade Support Battalion
2nd Stryker Brigade Combat Team
25th Infantry Division

WAIALUA — Members of 225th Brigade Support Battalion (BSB), 2nd Stryker Brigade Combat Team, and supporting Forward Support Companies (FSCs) engaged in the spirit of friendly competition during Operation Red Ball Express (ORBE) at Dillingham Airfield, here.

ORBE was what is commonly referred to as a truck rodeo.

Companies throughout the BSB, including FSCs attached to other battalions within 2nd SBCT, sent a total of 34 Soldiers to compete in a number of events. Each focused on a different vehicle platform.

Spectators saw competitors on everything from the 10K All-Terrain Lifter Army System, also known as a forklift, to the powerful HEMTT Recovery Truck, more commonly called a wrecker, capable of retrieving a four-axeled Load Handling System (LHS) stuck bed-deep from a muddy ditch.

“Because it’s a competition, competition breeds excellence,” said Lt. Col. Michael Titus, commander, 225th BSB, and a native of Reading, Pennsylvania. “And because the FSCs are attached to maneuver units, they don’t get a whole



A Soldier attempts to extract a vehicle from a muddy ditch at Dillingham Airfield as part of Operation Red Ball Express. Thirty-four Soldiers from the 225th BSB, 2nd SBCT, participated in the competition, which tested their skills with various heavy vehicles.

lot of opportunity to compete against each other or with like formations. ... They’re the only logistics units (within their attached battalions).”

Cross-brigade events, like ORBE, are important training activities, as they encourage a spirit of friendly competition. However, planning an event like this requires strategy and synchronization at the highest level.

Capt. Eric Kim, a native of Maplewood, New Jersey, a logistics officer assigned to Headquarters and Headquarters Company, 225th BSB, and the officer in charge for the event, explained the process of developing ORBE.

“Red Ball Express required support from many entities,” Kim said, naming, “coordinating with range control, detailed planning from the subject matter experts of the systems, supporting elements from the companies for the details.”

He said staff ensured awards were processed for the winners.

Overall, the competition consisted of LHS, Field Litter Ambulance, Medical Evacuation Vehicle, forklift and wrecker lanes. Each one of these platforms is unique in its purpose and capabilities, so it wasn’t surprising that one company did not dominate during the week of competition.

“The winners were across the board,” Kim

See RED BALL A-3

Virtual town hall opens
real-world communication

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — The garrison’s quarterly Facebook Town Hall is scheduled for March 4, 6-7:30 p.m., under the “Event” tab at www.facebook.com/usaghawaii.

The virtual event allows Soldiers and civilians the opportunity to present community-wide concerns to installation leaders.

“This town hall opens the door to real-time communication between the U.S. Army Hawaii population and the subject matter experts who can address questions about garrison services and programs,” said Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii.

In this convenient forum, participants can post comments prior to the event, as it doesn’t require in-person attendance during the 90-minute exchange.

“Facebook is a familiar form of communication for Soldiers and families,” Fromm said.

Participants are asked for patience when waiting for a response from representatives in the Directorate of Emergency Services, Island Palm Communities, the Directorate of Public Works, and the Directorate of Family and

Morale, Welfare and Recreation.

All original comments posted before or during the town hall will be answered, if not during the event, in the days following.

Individuals taking part in the digital discussions also should review the posting policy located under the “About” tab before participating. Comments that include swearing or comments that are personal attacks, obscene or abusive will be removed, and the user may be banned from interacting on the page.

Attendees visiting the digital town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up

questions. For example, if asking about road conditions, provide the street name, installation and the closest cross streets, buildings or landmarks. This method will help DPW pinpoint the location in question exactly, which will facilitate a faster response – both online and real-world.

Posting Tips

Follow these tips for best interactions:

•**Be proactive.** Post your installation-wide



See FBTH A-3

ArmyFit gets useful upgrades

DAVID VERGUN
Army News Service

WASHINGTON — ArmyFit celebrated its first birthday, recently, with the addition of several new features to its website.

The site, armyfit.army.mil, is designed to help improve quality of life for Soldiers, families and Army civilians.

New features include email notifications and a fitness-tracker interface. But first, a quick overview of the site for those not familiar with it:

•ArmyFit is primarily a resource site, a “really, really good resource site,” said Chaplain (Lt. Col.) Stephen W. Austin, a program developer for the Army Resiliency Directorate, G-1, the organization responsible for collecting and posting the content.

•Although the website is not interactive in the way gaming sites are, it is innovative because it is able to custom-tailor content specifically for each person, based on their answers to the Global Assessment Tool, more commonly referred to as GAT 2.0. The GAT is a survey Soldiers are required to take annually. Family members and Army civilians are also encouraged to take it, he said.

Based on GAT 2.0, the website directs Soldiers to helpful resources within the physical, spiritual, emotional, family and social resilience categories, he said. The Performance Triad categories of sleep, activity and nutrition are included as well. The website can also connect



Courtesy photo

ArmyFit celebrated its first birthday with the addition of several new features to its website designed to help improve quality of life.

the user with appropriate social media groups.

•Among the new features is an option to receive weekly emails, which provide custom tips and updates on new content. Austin said this saves the user time in that they do not need to log in to see if there is new content available.

•Also new to the website is a financial resilience assessment, developed under advisement of Army Installation Management Command’s Financial Readiness Program.

RELATED STORIES
• Read more about health on page B-5.

See ArmyFit A-4

U.S. ARMY GARRISON-HAWAII
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ARMY COMMUNITY OF
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HAWAII
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WEEKLY

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Police Call

Traffic Reg. 190-5 effective March 15th

COL. DUANE MILLER
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

March 15, we will begin enforcing U.S. Army-Hawaii Regulation 190-5, the U.S. Army-Hawaii Traffic Code.

This regulation will mark the first codified regulation governing traffic on all U.S. Army installations in Hawaii; it consolidates and updates a number of pre-existing policy letters covering traffic-oriented violations on our installations.

While we have always enforced local policy letters and assimilative traffic codes from the state of Hawaii, this document is the culmination of efforts to ensure that we have a regulation to ensure the safety and good order and discipline on our unique installations.

The Traffic Code applies to all Soldiers, civilians, family members, contractors and other personnel who work

on, reside on or visit any U.S. Army installation, facility or work site in the state of Hawaii.

A majority of the information in this regulation will be transparent to most of us; you are still required to obey the speed limit and other posted signs, park in designated parking stalls and wear your seat belt.

There are some significant changes in the Traffic Code as well. We wanted to take this opportunity to highlight some of the more important changes that are incorporated in the new regulation.

Important changes

Perhaps the most significant change is the expansion of traffic offenses that

Miller

incur monetary fines. Offenses such as seat belt violations, illegal parking and cell phone usage/texting, while driving, now have a prescribed fine associated with the offense in addition to a potential prohibition to driving on the installation.

Another change you need to be aware of relates to offenses that have an associated mandatory on-post driving suspension. Any offenses of driving with no valid insurance, registration or license will result in a mandatory 90-day on-post driving suspension.

Operating a motor vehicle while using a cellular phone (without a hands-free device), failure to use seat belts or child restraint, or failure to wear the required personal protective equipment while operating a motorcycle will result in a 30-day (1st offense), six-month (2nd offense) or one-year (3rd offense) suspension of on-post driving privileges.

We understand that parking or navigating your way through the installations can be challenging. We at the Directorate of Emergency Services, U.S. Army Garrison-Hawaii, put forth a great amount of effort to ensure the safety,

security and well-being of all personnel on our installations. We will continue to work diligently to prioritize these efforts based on what the greatest known or perceived threat is to public safety.

Just as you would off-post, we ask that you continue to work within the confines of the traffic rules. Buckle up, put down the phone and prioritize safety over convenience. All of us depend on your efforts to do so.

New Traffic Code

To review the new Traffic Code in its entirety, go to the Garrison Policies tab on the U.S. Army Garrison-Hawaii website: www.garrison.hawaii.army.mil/. For more information on the services and personnel who support this community, visit the DES: www.garrison.hawaii.army.mil/des/default.htm.

POLICE BEAT ROLL-UP

From Feb. 5 to 18, the following occurred on USARHAW installations:

Aliamanu Military Reservation
1 – Theft

Mendonca Park
1 – Theft

Schofield Barracks
9 – Domestic disturbances
2 – Limitations on backing (traffic accident)
11 – Larcenies
3 – Duty upon striking (traffic accident, hit and run)
2 – Assaults
1 – Theft

File photos

Cell phone talking must be hands-free for drivers in motor vehicles.

Seat belt use is required in vehicles.

We must never underestimate the power of ‘the little things’

**CHAPLAIN (MAJ.)
MICHAEL DERIENZO**
25th Combat Aviation Brigade
Chaplain, 25th Infantry Division

DeRienzo

There are many little acts of support that have encouraged me over my military career.

I remember someone anonymously paying for my meal soon after a tour to Iraq.

I remember civilians engaging me in conversation during long trips around the world for mid-tour leave.

I was even given a ride home from the airport when I was on R&R from Iraq, so I could get home quickly to see and meet my newborn son for the first time.

These generous acts encouraged me greatly.

The same types of small acts go a long way in families, as well. Early in marriage, I would get in trouble for the little things: forgetting to put a new toilet paper roll on, when I ran out; not closing the shower curtain; leaving dirty laundry on the floor right next to the laundry hamper.

Almost 15 years later, I am starting to get some of the little things right! When I do get a little thing right, it is a shared joy for Debbie and me. And now with children, I find that a simple note to my kids, before I leave for PT, or even an inexpensive or homemade gift, can change their day for the better.

Phones, tablets and other technology have helped

us remain better connected to people than ever before. However, they also have left us less likely to do the little things for people. Simple acts of kindness, like writing notes, actively listening or lending a hand to someone, can change their day – and perhaps their life for the better.

We can improve our family relationships, friendships and even encounters with strangers by intentionally doing little things to bless, help or encourage them.

Determine today to do a little thing or two for someone

Determine today to do a little thing or two for someone. You will find that it also improves your outlook and sense of well-being.

The possible outcomes of these little acts cannot be calculated. You may draw a simple smile or thank you, or you could change

the course of someone's life.

Imagine a simple phone call to a buddy that has been struggling or delivering a card of encouragement only to find out that the act of love prevented them from suicide or doing something they would regret later. We just never know!

We all are very busy, but not too busy to stop and do some little things for people. I ask you to do some little things for people this week, and see what an amazing difference it can make.

“Love the Lord your God; love your neighbor as yourself.”

— The Great Commandment as taught by Jesus

Getting it Straight

The photos for Ruby Ragragola and Millie Griggs were transposed in the “Voices of Ohana” section in the Feb. 20 “Hawaii Army Weekly.”

Q:

Why does the Hawaii Army Weekly publish courts-martial findings?

A:

The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Sergeant reduced, confined, gets BCD

25TH INFANTRY DIVISION
A sergeant (E-5) from Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team, was found guilty of two specifications of willful disobedience of a superior commissioned officer, one specification of drunken operation of a vehicle, one specification of assault by means likely to produce death or grievous bodily harm, one specification of assault consummated by a battery, and one specification of communicating a threat.

He was sentenced to be reduced to private (E-1), to be confined for 25 months, and to be discharged from the service with a bad conduct discharge.

Federal Convictions. In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.

Voices of Ohana

National History Month
What historical event holds significance for you as an American, and why?
Photos by 25th Combat Aviation Brigade, 25th Infantry Division

“... 9/11. ... The forces can come together and accomplish great things.”
Staff Sgt. Benjamin Brown
Maintenance section platoon sergeant, H Co., 2nd Bn., 27th Inf. Reg., 3rd BCT, 25th ID

“... Pearl Harbor. Its aftermath showed Americans coming together ... and that defines what this country is about.”
Sgt. 1st Class Michael Canull
Motor sergeant, 196th Spt. Bn, 196th Inf. Bde.

“The bombing of Pearl Harbor. We’re stationed here in Hawaii, and it’s on my mind all the time.”
Spc. Benjamin Edelberg
Cryptologic linguist, 715th MI Bn., 500th MI Bde.

“... Declaration of Independence on the Fourth of July since it was the birth of our nation.”
Chief Warrant Officer 4 Scott Pullins
Maintenance technician, 196th Spt. Bn., 196th Inf. Bde.

“The terrorist attacks on Sept. 11, 2001. They set the stage for my attitude towards our freedom, and drove me to be where I am today.”
2nd Lt. Ethan Subra
Platoon leader, 2nd Bn., 27th Inf. Reg., 3rd BCT, 25th ID

PARTNERSHIP-BUILDING IN THAILAND



Photos by Spc. Steven Hitchcock, 25th Infantry Division Public Affairs

LOPBURI, Thailand — Above, U.S. and Royal Thai Army Soldiers conduct familiarization training, here, Feb. 7, prior to the start of Cobra Gold 2015.

CG15 increases cooperation, interoperability and collaboration among partner nations in order to achieve effective solutions to common challenges.

Left, U.S. Army Soldiers assigned to the 25th Infantry Division listen as Royal Thai Army soldiers assigned to the 31st Infantry Regiment, Rapid Deployment Force, King's Guard, demonstrate how to hypnotize, then humanely kill and consume a chicken during a jungle training exercise, here, Feb. 10. The training was conducted as a part of the joint-training exercise Cobra Gold 2015.

LOPBURI, Thailand — U.S. Army Soldiers assigned to 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, conduct an after-action review following a company training exercise with Royal Thai Army soldiers, here, Feb. 13. The exercise was conducted during joint training as a part of Cobra Gold 2015.

Courtesy photo

Cybercriminals targeting members in social media

CID LOOKOUT
Criminal Investigation Command

QUANTICO, Virgina — Recent crime reports reveal a social media fraud scheme targeting United Services Automobile Association (USAA) members.

The scheme may target other groups or financial institutions because the techniques can be easily adapted.

With this in mind, special agents with the U.S. Army Criminal Investigation Command's Computer Crime Investigative Unit (CCIU) are strongly recommending that anyone with a USAA account be wary if receiving communication on social media from somebody claiming to be associated with USAA or another financial institution.

According to CID agents, the scammer, pretending to be an official representative of USAA, contacts a USAA member on social media (e.g., Facebook, Twitter, Instagram) claiming the member has won an award or is eligible for a customer incentive. In order to receive the award payment, the member is asked to pay a finder's fee, commission or service charge.

Conveniently, the fee can be paid from the proceeds of the award. The scammer asks for the USAA member's mobile banking credentials (username,



Photo illustration

No one should ever give anyone else user names and passwords.

password and PIN) and uses USAA's mobile banking application to deposit checks into the member's account. Then, the member is asked to electronically pay the finder's fee to the purported USAA official, usually through a wire or money transfer service like Moneygram or Western Union.

Wire and money transfer services are used because traceability is often limited.

Predictably, the deposited award checks are not genuine and, after several days, are returned unpaid and charged back to the USAA member's account. While the deposits are fake, the money the member wires to the

scammer is very real.

Most likely, scammers surf social media content (images and comments) randomly identifying military personnel and their family members. Once identified, they are prime targets for the USAA scam, not because the scammer has specific knowledge of any actual USAA affiliation. Rather, the scammers shotgun their messages betting (and current reporting indicates good odds of success) that at least some of the recipients actually have USAA relationships.

Reminder

Verify through established channels the authenticity of anyone asking for your personal information, financial information, passwords, PINs and so forth, especially if you did not initiate the interaction.

Recommended Practices

Follow the principles below:

- Be suspicious when someone you do not know contacts YOU and asks for YOUR personal information.
- Never, in any social media setting, provide usernames and passwords to anyone. Your bank will not ask for personal information, including debit card numbers and PINs.
- Verify, verify, verify! Contact the fi-

nancial institution directly.

- Use a telephone number or email you know to be valid. Look on the financial institution's website, the backs of your debit or credit cards or statements.

- DO NOT rely on the person who contacted you to provide a verification telephone number or email. Remember, you are verifying because you are skeptical of the person's reliability.

Resources

Additional information about computer safety and cyber-related crimes can be found at www.cid.army.mil/cciu.html. Simply select "Cyber Crimes Advisories" on the left side of the page.

Contact USAA about suspicious activity at abuse@usaa.com.

For similar scams involving other financial institutions, contact their security department or the Internet Crime Complaint Center at www.ic3.gov/default.aspx.



Transformation demands loyalty if you want to remain with Army profession

COMMAND SGT. MAJ. STEPHEN BOWENS
Army News Service

Similar to any corporation or industry, transforming our Army demands a business approach to ensure we can continue to achieve our mission and support our No. 1 customer - the brave men and women serving on the front lines.

It's imperative that all members ... understand why the Army is taking steps to reduce its end strength.

The Army's presence in overseas contingencies requires fewer Soldiers in our formation as U.S. operations in theater continue to wind down. Consequently, we cannot continue to operate financially or at the same level of resourcing as we have in previous years.

The 503,000 Soldiers in the active component today will be reduced over the next seven months to meet congressionally mandated end strength of 490,000 at the end of fiscal 2015.

Furthermore, should the ramifications of sequestration continue, the number of Soldiers making up the Army by fiscal 2019 has the potential to decrease to 420,000.

Several changes have been implemented to ensure our Army has the necessary resources for modernization and training while still maintaining the mission capability to engage in conflicts wherever they may be. ... Among those

changes are a number of programs designed to strategically target Soldiers in certain year groups and ranks in an effort to manage the force. Those include the Qualitative Service Program, Qualitative Management Program, Temporary Early Retirement Authority and selective early retirement boards.

Sadly, many of the Soldiers impacted by these personnel actions will come to find that they need not look any further than themselves when searching for answers on their selection to leave the service. Army leaders realize that there are a lot of people in our formation whose records and performance aren't in line with our values, which becomes even more critical when identifying Soldiers to fill critical positions of special trust.

Although the vast majority of NCOs I encounter along with the commanding general during our visits to contracting sites are exceptional performers, there is a fraction that must be held accountable for noncompliance with our Army values.

I charge all leaders and supervisors to ensure that the essence of the total Soldier is accurately captured in evaluation reports.

NCO Evals

The new NCO Evaluation Report that becomes effective Sept. 1, 2015, is designed to best measure and evaluate that performance. It's imperative that any leader or supervisor clearly understand how the NCOER must accurately reflect the Soldier.

Our actions today in accurately capturing

The 503,000 Soldiers in the active component today will be reduced over the next seven months ...

and evaluating the performance of our Soldiers will have a profound impact on what the future of our Army will look like. Every leader plays a decisive role in shaping our Army and identifying the right people to continue serving our profession.

Soldiers remaining in formation at the end of fiscal 2019 will be our future Army. In order to get it right, our loyalty must be aligned with Army values and standards. This means making the tough decisions and holding everybody accountable.

As an organization of mid- and senior-career level Soldiers, I expect accountability and discipline to be accomplished through self-policing in order to preserve our Army culture.



Photo illustration

Soldier strength will reduce to 490,000 by the end of fiscal year 2015.

FBTH: Is March 4

CONTINUED FROM A-1

concern in the days and hours prior to the live event - before the page gets extremely active.

- Be specific.** Include as much detail as possible, including items like the neighborhood, street and intersection, if applicable.

- Be patient.** Reposting your question doesn't get it answered faster. All original comments posted before or during the town hall will be answered in a couple days.

Red Ball: Winners are across FSCs

CONTINUED FROM A-1

said, "with different companies winning in different events."

The winners each received Army Achievement Medals.

This event, and events like it, promotes connections between collections of Soldiers who, outside of a tactical environment, might never have any real interactions with each other.

"Bringing all the logistic units together, along with the base companies, allows us to compare oranges to oranges and apples to apples," said Titus. "The FSCs build a bond, not only with the BSB, but also grow pride for the maneuver unit that they support."

Events like ORBE help re-establish that lost connection and encourage base training standards across job specialties.

Male victims less likely to report sexual assaults

JIM GARAMONE
Army News Service

TYSONS CORNER, Virginia — Experts urged Army leaders to reach out to male victims of sexual assault, saying people must not look at sexual violence as exclusively a women’s issue.

Jim Hopper, a psychologist and researcher, and Russell Strand, a retired Criminal Investigative Service special agent, spoke about an aspect of sexual violence not often discussed: sexual assaults on men.

The men spoke during the Army’s Sexual Harassment/Assault Response Program Summit, Feb. 19.

The numbers of males sexually assaulted in the military are sobering, they said.

“(About) 10,800 men are sexually assaulted every year in the military,” Strand said. “(Roughly) 8,000 women are assaulted.”

It is a bit of an apples and oranges comparison. Men make up about 85 percent of the military, so this works out to about 1 percent of males are assaulted, but about 5 percent of females are.

“Number-wise, we’ve had more men assaulted in the military than women,” Strand said. “And everywhere I go to talk – the Army, the Navy, the Marine Corps, the Air Force and Coast Guard ... it doesn’t sink in. It doesn’t internalize.”

It is seen as primarily a women’s issue, even by women, Strand said.

A large number of men are affected, and being

men, few ever report the attacks, Strand said. Only 1,134 men reported attacks – roughly 13 percent of those attacked. With women, 39 percent reported attacks.

So 87 percent of men attacked are not reporting it, and “these are real men in real pain,” Hopper said. The pain is compounded by shame. Being sexually assaulted brings additional levels of shame to a man because it works against the ideal of what it means to be a man, he said.

And it brings fear.

“There’s fear of those memories, there’s fear of being violated, there’s fear that someone might know what happened to them,” Hopper said.

Men who have been assaulted this way believe they are not worthy of respect, Strand said.

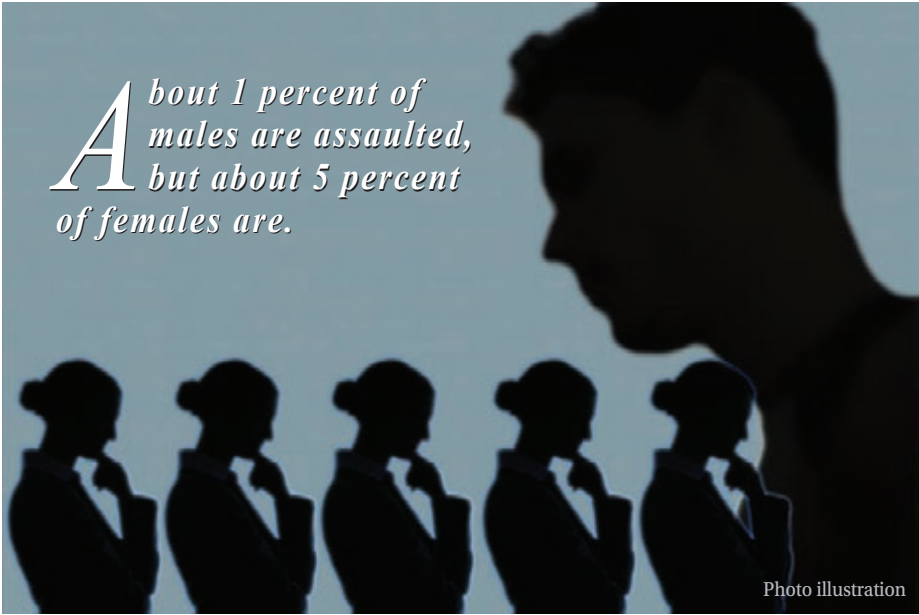
The men who are assaulted are overwhelmingly heterosexual, and so are those doing the assaulting.

“Most people who sexually assault adult men are heterosexuals,” Hopper said. “And those same heterosexual men, who are assaulting men, are often the same men assaulting women.”

Many males will not get help because they feel they would not be believed, understood or supported.

“Part of that is they know most people don’t expect men to be assaulted, that this can’t really happen to ‘a real man,’” Hopper said.

They are also truly afraid of their friends or



teammates finding out what happened to them, Hopper said. They believe they will be looked at as less than a man, that they will be ostracized and shunned. Finally, many see this as the death knell to their careers.

The military services need to begin marketing on the issue specifically to men, the experts said. A safe anonymous helpline could be the beginning for getting many of these men the help they need and deserve.

The services also need to market programs aimed at commanders, health care professionals,

police investigators and prosecutors, informing them of the problem and assets available to help their service members.

(Note: Garamone works with DODNews.)

SHARP Hotlines

If you need to report a sexual assault or talk to someone, call the U.S. Army-Hawaii SHARP hotline at (808) 655-9474.

Call the DOD Safe Helpline at (877) 995-5247.

Leaders play pivotal role in combating sexual violence

JIM GARAMONE
Army News Service

TYSON’S CORNER, Virginia — Changing the culture is the toughest job that Army leaders will have in combating sexual violence, a civilian panel told service leaders, Feb. 18.

The panel, at the Sexual Harassment/Assault Response and Prevention Summit, here, also stressed the role leaders play in changing the culture of an organization.

The summit, hosted by Army Chief of Staff Gen. Ray Odierno, has brought commanders and their senior enlisted advisers from around the service to share ideas and learn new ways to attack sexual violence.

Leaders must be consistent and do what they have pledged to do, said Monica Tracey, an associate professor from Wayne State University in Michigan. Tracey consults for General Motors and has dealt with issues of changing culture for her entire career.

She used an example from academia where a professor plagiarized his thesis and – contrary to the university’s zero-tolerance rule – was allowed to stay and continues to teach. Tracey said incidents of plagiarism in the university have risen 32 percent since.

“The culture did not support zero tolerance,” Tracey said. “The leaders did not lead. The story illustrates the power of a culture to shape be-



General officers, noncommissioned officers and senior civilians attend the Army’s Sexual Harassment/Assault Response and Prevention Summit in Tysons Corner, Virginia, Feb. 18.

havior. Culture determines whether and how knowledge is expressed through action.”

Culture is shared beliefs and values “that leads to norms and expectations by members of that culture,” she said.

Culture is really the glue that holds any organization together, and making changes to a culture means educating the people in the culture, getting them to accept the changes and getting

them to “internalize” new behaviors.

The members of a culture take their marching orders from the leaders of that culture. In a university, it is the president, deans and professors. In the Army, it is the general officers and their senior enlisted advisers.

“You are the leaders,” Tracey said. “You are the culture of the United States Army. You are the ones who say, ‘this is how things are done here.’”

She urged the Army leaders to build a constructive culture and listed the attributes of that. A constructive culture keeps promises to employees, inspires less fear and is most impacted by leaders.

“The more constructive the leader ... the more constructive the culture,” she said. “Leaders need to create the conditions for transforming a culture.”

While leaders are integral to culture change, they cannot do it alone, panelists said. Leaders set the example and are consistent. This models the behavior they would like to see in those below them in the chain of command. All must be held to the same standards.

Training is necessary to lay down the behaviors expected of subordinates, but it does not, by itself, change the culture. It changes when people internalize the lessons and add them to their values. They internalize the lessons, and the actions become second nature in their responses.

This is what the Army wants to do to combat sexual assault and sexual harassment, according to senior leadership: Leaders must be consistent in confronting sexual violence. They must model the behavior they want subordinates to emulate. They must coach subordinates to explain the changes and the value sets needed.

(Note: Garamone works with DOD News, Defense Media Activity.)

ArmyFit: Should expand after ACP

CONTINUED FROM A-1

“It’s a very substantive assessment, using a multitude of financial data points,” he said.

•Users also now have the ability to synchronize their personal fitness devices to ArmyFit, Austin said. This new feature is compatible with about a dozen of the most popular fitness devices, such as JawBone UP, Runkeeper and FitBit. A tracker feature allows users to set goals, add data and track improvements regarding weight, body measurements and alcohol consumption, so improvements can be readily checked.

About a month ago, a pilot was started, known as the ArmyFit Commanders’ Profile, or ACP, he said. ACP provides aggregate population health data based on GAT 2.0. It is being piloted at five installations and five National Guard states.

Austin emphasized that an individual’s information within ACP is anonymous. It merely aggregates the data to show trends and other statistical information that could be used to help a commander’s ready and resilient efforts.

Besides the ACP, GAT 2.0 and the rest of the site is also anonymous.

“There’s no exception to that,” Austin said. Commanders simply cannot access the data, and the Army is very careful about preserving the anonymity. The only thing commanders can see is whether or not a Soldier completed the GAT, which has been a requirement all along.”

Resources accessed by users on ArmyFit are also anonymous, meaning no one can track an individual as he or she navigates the site, he said.

After testing of the ACP and an after-action review, it’s expected to be expanded.



Army shares ideas for preventing sexual assault

JIM GARAMONE
Army News Service

TYSONS CORNER, Virginia — All aspects of American society are trying to come to grips with preventing sexual assault, and the Army is sharing experiences and practices with civilian and private organizations at the Sexual Harassment/Assault Response and Prevention Summit, here.

Army Chief of Staff Gen. Ray Odierno sponsored the summit and a roomful of general officers and their command sergeants major listened to the presentations and exchanged ideas.

Four officials also wrestling with preventing sexual assault and harassment spoke about their experiences and insights. They were David Parrott, dean of student affairs at Texas A&M University; Jane Randel, a founder of No More and a special advisor to the NFL on preventing sexual assault; Malia Arrington, who leads the prevention effort for the U.S. Olympic Committee; and Therese Bechet Blake of the office of global diversity at JP Morgan Chase.

All spoke of the difficulties in changing the culture of organizations, and all spoke of the need to educate boys and girls about the problem at younger ages.

Like the Army, all four deal with the scourge of sexual assault and sexual harassment. All spoke of various laws, requirements and regulations that have to be dealt with and often interpreted.

All agree that preventing sexual assault is the best way forward, but they said it is tough understanding what works and what doesn’t. Proving a negative – a sexual assault that did not occur, for example – is impossible.

All four speakers emphasized the critical nature of leadership and education in countering the issue. Leaders must be committed and open about their determination to stop sexual crimes, Parrott said. The laws “call on us to address and confront sexual assault and sexual harassment, and we change the environment to eliminate sexual assault and harassment,” he said.

What leaders probably don’t want to hear is “the better job you do, the more people will come forward,” said Randel during her pre-



Army Secretary John M. McHugh addresses generals, noncommissioned officers and senior civilians during the Sexual Harassment/Assault Response and Prevention Summit in Tysons Corner, Virginia, Feb. 18.

sentation. She believes education and communicating those lessons is most important.

Blake agreed and cited a lesson from corporate America. Leaders may be all for changing a corporate culture, but if it doesn’t “cascade” to employees, it is all for naught, she said.

The size of the organization also complicates situations. The Army, of course, deals with millions of people around the world. The U.S. Olympic Committee also deals with millions of people, but those athletes are under the auspices of sport committees like USA Basketball or USA Tennis, Arrington said.

The Olympic Committee still must deal with sexual assaults and sexual harassment constantly. The Olympic Committee rolls bullying and hazing into the issue.

The Olympic effort deals with children as young as 4 to senior athletes, and all can be victims.

Arrington, Parrott and Randel stressed the need to educate young people on preventing

sexual violence. Middle schools, sports activities and other youth groups need to stress preventing sexual assault and harassment.

For adults, there has to be consequences, Blake said. In the corporate world, the three levers are revenue, costs and human capital, she said.

“We need to make people understand why they should care, why they should change and what they need to do,” Blake said.

(Note: Garamone works with DOD News, Defense Media Activity.)

More Online

Read more about efforts at Army News:

- Dialogue at platoon level – www.army.mil/article/143026/ and
- Bystanders need to protect victims – www.army.mil/article/143134/

94th AAMDC’s ‘Shadow the CG’ wraps up with CSA visit

Story and photo by
SGT. KIMBERLY K. MENZIES
Army News Service

JOINT BASE PEARL HARBOR-HICKAM — Six Soldiers with the 94th Army Air and Missile Defense Command concluded their participation in a new leadership development



Gen. Raymond T. Odierno, chief of staff of the Army, recognizes Pfc. D’Andre Ward, an information management officer with the 94th AAMDC, during his visit to the 94th AAMDC’s Headquarters at Joint Base Pearl Harbor-Hickam. Ward participated in the leadership-development.

program, “Shadow the CG,” Feb. 11, during the Chief of Staff of the Army Gen. Raymond T. Odierno’s visit to the Headquarters of the 94th AAMDC, U.S. Army-Pacific, here.

“After reading through the results of my initial command climate survey, it was apparent to me that our junior enlisted Soldiers didn’t fully understand how they contribute to the bigger picture of the command,” said

Brig. Gen. Eric L. Sanchez, commanding general of the 94th AAMDC. “I felt this was an opportune time to institute a program to allow a select group of junior enlisted Soldiers to gain additional knowledge on how we fit into the Army, Joint and Combined Team. Additionally, it would

impacts the unit and what his work consists of.”

Over the period of a month, the six Soldiers spent their day shadowing Sanchez through various meetings, site visits and daily responsibilities.

“During my shadow, I accompanied the CG to a meeting with the (brigadier general) of the 32nd Army Air and Missile Defense Command,” said Pfc. Emmanuel E. Miranda, a human resource specialist with the 94th.

“The meetings really helped me understand what is really going on behind the scenes of the typical Army lifestyle,” said Pfc. Brandon W. Besser, an administrator for operations force management.

Though many of the Soldiers listened to briefs and attended meetings, they also spent time discussing, listening and sharing Army experiences with Sanchez.

“My most memorable conversation with the CG was when we discussed his personal military history and his decisions that led to him becoming a (brigadier general),” explained Spc. Nathan G. Thompson, a 94th AAMDC intelligence analyst.

“We sat and talked about family,” added Besser, “(about) how he made and continues to balance family and work. Family is everything to me.”

“We had a conversation discussing where Brig. Gen. Sanchez sees the Army going as far as downsizing,” shared Mattson. “To me, that conversation was something that broadened my perspective on the military, the changes that are occurring and how that affects me directly. It was very insightful to have an opportunity to experience what the responsibilities of being the CG consists of and how resilient you must be.”

A common sentiment from the participating Soldiers is they now hold a better understanding of the impact that they, as Soldiers, have on the Army.

(Note: Menzies works at 94th AAMDC Public Affairs at JBPHH.)



Col. Peter Eberhardt, commander, USAHC-SB, escorts Linda Odierno, spouse of Army Chief of Staff Gen. Raymond Odierno, into the clinic, Feb. 12.

Linda Odierno tours Schofield health clinic

Story and photo by
MASTER SGT. ANTHONY ELLIOTT
Army News Service

SCHOFIELD BARRACKS — Mrs. Linda Odierno, spouse of the Army Chief of Staff (CSA), Gen. Raymond Odierno, continued her tour throughout the island of Oahu by taking the time to stop by and visit the U.S. Army Health Clinic-Schofield Barracks (USAHC-SB), here, Feb. 12.

Odierno was given a complete briefing on the clinic by the command team: Col. Peter Eberhardt, commander, and Sgt. Maj. Douglas Wallace, senior enlisted leader.

During the briefing, Odierno was impressed with the clinic’s capabilities and by the large number of beneficiaries whom the USAHC-SB is charged with providing care.

Clinic staff members were all happy to have her visit and provided her with the “Aloha Spirit.”

“We are really proud that she has chosen to come and look at our work here. We are a group of professionals who are fulfilling the Army Family Covenant (now called “Total Army Strong”). We are the people

who take care of the Soldiers and their families, and we are just delighted that Mrs. Odierno would want to see the work that we do,” said Dr. George Rahaim, clinical psychologist, Child & Family Behavioral Health Services, USAHC-SB, when asked about the visit.

Staff Sgt. Kaelin Newsome, non-commissioned officer in charge, Pharmacy Services, said, “I think it is a nice opportunity to have the Army’s most senior spouse come through and see what it is that we do. It is important that family members understand our efforts in providing them with exceptional health care. We work hard in the pharmacy, and we are proud. We want everyone to know that.”

While touring the facility, Odierno noted the unique balance between the clinic’s modern day capabilities along with maintaining the buildings’ historical values.

At the end of the tour, Odierno thanked everyone for their efforts in providing excellent care for Soldiers and families stationed here.

(Note: Elliott works at the Pacific Regional Medical Command, Fort Shafter.)

Taxpayers will use Form 1095-A to claim credit

INTERNAL REVENUE SERVICE
News Release

HONOLULU — The Affordable Care Act is bringing several changes to the tax filing season this year, including a new form some taxpayers will receive.

If a taxpayer or anyone in their household is

enrolled in a health plan through the Health Insurance Marketplace in 2014, they'll get Form 1095-A, Health Insurance Marketplace Statement.

Taxpayers will receive Form 1095-A from the Marketplace where they purchased their coverage, not the IRS. This form should arrive in the mail from their Marketplace in February. They should wait to receive their Form 1095-A before filing their taxes.

"Taxpayers who get their health insurance through the Marketplace should be aware that they'll need Form 1095-A in order to file their 2014 federal tax return," said IRS spokesman David Tucker II.

Form 1095-A will tell them the dates of coverage, total amount of the monthly premiums for their insurance plan, information they may use to determine the amount of their premium tax credit and any amounts of advance payments of the premium tax credit.

Taxpayers will use the information to calculate the amount of their premium tax credit and rec-

oncile advance payments of the premium tax credit made on their behalf to their insurance provider with the premium tax credit they are claiming on their tax return. To do this, taxpayers will use Form 8962, Premium Tax Credit (PTC), which they file with their tax return.

If a taxpayer does not receive their Form 1095-A by early February, they should contact the state or federal Marketplace from which they received coverage. If they believe any information on their Form 1095-A is incorrect, they should contact the state or federal Marketplace from which they received coverage. The Marketplace may need to send them a corrected Form 1095-A.

Taxpayers may receive more than one Form 1095-A if different members of their household had different health plans, if they updated their coverage information during the year or if they switched plans during the year.



Traffic Report lists road-work, construction and noise advisories from the Army and the Hawaii Department of Transportation (HDOT). Visit www.garrison.hawaii.army.mil/info/trafficalendar.htm. Unless specified, all area codes are 808.

Today

Mililani — The right lane of the southbound H-2 between the Meheula Parkway on-ramp and the Pineapple Road overpass will be closed 8 a.m.-2 p.m. for tree trimming.

Waipahu — The eastbound shoulder lane between the Kunia/Waipahu/Ewa off ramp and the H-1/H-2 interchange will be closed from 9 a.m. to 3:30 p.m. for utility installations.

Waimalu — The right lane of the westbound H-1 Freeway between the Pearl City/Waimalu off ramp and the H-1/H-2 split will be closed from 9:30 a.m.-2:30 p.m. for road widening.

28 / Saturday

Cadet Sheridan Road — The intersection of SB Kulekole Avenue and Cadet Sheridan Road will be closed to traffic 8:30 a.m.-3:30 p.m., Monday-Friday, until March 15, for utility work. Saturday and Sunday work will be done, if absolutely necessary, between 9 a.m.-5 p.m. Traffic will be detoured between Cadet Sheridan and Trimble roads, as necessary.

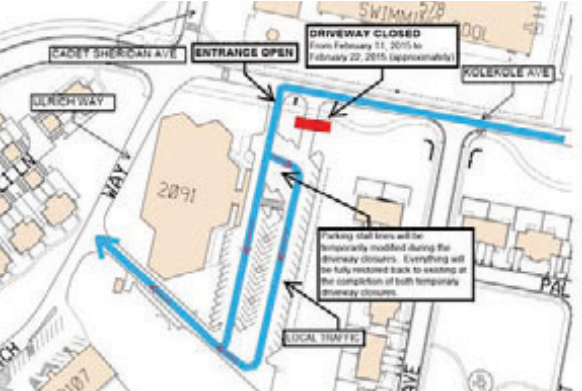
March 2 / Monday

Fort Shafter Gas Station — The Fort Shafter gas station will be out of service for 30 days, starting today, due to the above-ground tank replacement.

Ongoing

ACS Driveways — Four parking stalls at both Army Community Service driveways on Schofield Barracks will be modified through March 9 as contractors install sewer lines. All other parking stalls will remain open.

At least one driveway will be open to traffic during business hours. All parking stalls will be fully restored upon completion of this project.



Courtesy image

Several parking stalls near the ACS driveways will be modified while a contractor installs sewer lines.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Noise and Convoys — Residents in the vicinity of Schofield Barracks, North Shore and Kahuku areas may experience periodic noise increases through March 1st as a result of artillery simulators and blank firing during field training exercises in the area.

Training will resume on the 3rd and continue on until March 5th. Training will start promptly at 6 a.m. and continue on until 10 p.m., daily.

Also on March 6th, convoys will be returning to Schofield Barracks using Farrington Highway and Kaukonahua Road. Convoys will have no more than 10 vehicles and will be dispersed by half-hour increments.

Finally, the U.S. Army will be conducting aerial operations as part of a military training exercise in the vicinity of Schofield Barracks, North Shore and the Kahuku areas through March 6th. Training flights will be primarily conducted during daylight hours and concluding during the evening time.

Note, dates and times are subject to

change and are dependent on environmental factors and training completion.

Call the 25th Infantry Division Public Affairs Office at (808) 655-6354 regarding exercises and training. To report concerns related to noise, call the U.S. Army Garrison-Hawaii (USAG-HI) Noise Concern Line at (808) 656-3487.

March 4 / Wednesday

Facebook Town Hall — Attend the next quarterly U.S. Army Garrison-Hawaii Facebook Town Hall meeting, hosted by Col. Richard Fromm, commander, USAG-HI, from 6-7:30 p.m., March 4.

Soldiers, family members and civilians can ask questions and get answers about services and issues from subject matter experts.

Login to www.facebook.com/usaghawaii, under the "Events" tab."

7 / Saturday

Schofield Outage — A power outage is scheduled, 8 a.m.-6 p.m., March 7, to support Schofield Barracks' Castner Substation renovation project.

In the event you are still experiencing disruption in electrical services after the outage has been completed and power restored, call 656-3272.

DFACs — The Bronco Cafe and Warrior Inn dining facilities will be impacted by base-wide power outages, March 7 and June 6. Only the Sustainment Bistro K-Quad DFAC will open for these dates. Visit www.garrison.hawaii.army.mil/lo

[gistics/services.htm](#) for DFAC updates.

10 / Tuesday

Tickets Available — Tickets are now available from unit chaplains for the National Prayer Breakfast, to be held 7:30-9 a.m., March 25, at the Nehelani, Schofield Barracks.

IMCOM-P Change of Responsibility — The Installation Management Command-Pacific will hold a Change of Responsibility Ceremony at 10:30 a.m., March 10, at the Hale Ikena, Fort Shafter.

Command Sgt. Maj. Timothy Hockenberry will assume responsibility from Command Sgt. Maj. Phillip Pandey.

23 / Monday

CIE — The next Community Information Exchange (formerly called the "SIM," or "Spouse Information Meeting") is 9-10:30 a.m., March 23, at the Nehelani, Schofield Barracks. The meeting is open to U.S. Army Hawaii Soldiers, spouses and civilians and informs them about installation and community matters.

Garrison directorates and key service providers will provide details of upcoming events for 30-60-90 days, and the senior commander will host an open forum and Q&A session.

25 / Wednesday

Women's History Month — The Equal Opportunity adviser, 130th Engineer Brigade, 8th Theater Sustainment Command, is hosting the 2015 Women's History Month Observance at 1:30 p.m., March 25, at Sgt. Smith Theater, Schofield.

NCO, Soldier from 2-35th Inf. Regt. win competition

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — “Broncos” from 3rd Brigade Combat Team, 25th Infantry Division, showed their exceptional Soldiering skills by conducting several individual Soldier tasks during the brigade’s Noncommissioned Officer (NCO) and Soldier of the Quarter Board, Feb. 17-19.

The NCO and Soldier of the Quarter competitions are held in order to select the brigade’s most outstanding NCO and Soldiers.

On the first day of the competition, all the candidates had to go through height and weight screening to make sure they met the Army standards. If anyone was out of regulation, they were eliminated from competition.

The majority of the tasks the Soldiers would face fell on the second day of competition. Starting at 6 a.m., all candidates began their Army Physical Fitness Test on Stoneman Field. Only eight of the nine would make it to the next event.

For the eight competitors who passed their APFT, they drew weapons and headed over to the qualification range to show their marksmanship skills.

In order to move on to land navigation, each candidate had to qualify with an M16A2 rifle, using the traditional iron sites on the weapon.



A Soldier aims an M16A2 rifle at a target range on Area X-Ray as part of the marksmanship portion of the 3rd BCT, 25th ID NCO and Soldier of the Quarter Board, Feb. 18.

According to one of the observers, Staff Sgt. Selexter Jones, each Soldier qualified sharpshooter or better, which he said was a first time for the NCO and Soldier competition.

The next obstacle the candidates faced was the Land Navigation Course on East Range. For most of the Soldiers, this task came easy.

Also on East Range, each NCO and Soldier was evaluated on five warrior skills. The NCOs were tested on requesting medical evacuation, submitting a chemical report, adjusting indirect fire, using a map overlay, and supervising preventive maintenance checks and services.

Each Soldier had to decontaminate himself and his individual equipment, using visual signaling techniques, operating a SINGAR radio, evaluating a casualty and reporting intelligence.

Following the warrior tasks, each candidate was given a written exam consisting of 50 questions. Those who passed moved on to the final event of the day, Night Land Navigation.

On the final day of competition, the remaining four Soldiers faced the Knowledge Board. By the end of the day, only one NCO and one Soldier would walk away the winner.



An NCO writes down land navigation points on his map during the 3rd BCT, 25th ID NCO and Soldier of the Quarter Board at Area X-Ray, Feb. 18. The board tests skills, such as shooting, navigation and signaling.

When the board ended, Sgt. Joshua D. Mellinger, assigned to 2nd Battalion, 35th Infantry Regiment, 3rd BCT, was named the NCO of the Quarter.

Pfc. William J. Hull, assigned to 2-35th Inf. Regt., 3rd BCT, was named the Soldier of the Quarter.

Next, 25th ID competes in March.

Two from Schofield make cut for ‘We Serve’ tour

The 2015 U.S. Army Show will deliver 63 performances

TIM HIPPS

Army News Service

SAN ANTONIO — Following a St. Valentine’s matinee of live auditions at the historic Fort Sam Houston Theatre, 18 Soldier-performers, four technicians, three production assistants and two drivers made the cut for the 2015 U.S. Army Soldier Show, Feb. 14.

The “We Serve” tour will deliver song-and-dance entertainment for 63 performances at 38 venues, including an Army birthday week performance, June 9, at Warner Theatre in Washington,

D.C., and the Army Birthday Ball, June 13, at the Washington Hilton Hotel.

The troops also will perform at select U.S. Army garrisons in Europe, South Korea and the Pacific.

Among the performers are Sgt. Janelle Edwards of Fort Lauderdale, Florida, representing Schofield Barracks, and among the production assistants are Spc. Caroline Listul, also representing Schofield Barracks.

The tour opener is scheduled for April 17 at the Fort Sam Houston Theatre.

A performance is scheduled in Hawaii, but has not yet been announced.

(Note: Hipps works at U.S. Army Installation Management Command, San Antonio.)



Installation Management Command
Public Affairs
Sgt. Janelle Edwards of Schofield Barracks sings “Opportunity” by Sia during live auditions for the 2015 U.S. Army Soldier Show on Feb. 14 at the historic Fort Sam Houston Theatre on Joint Base San Antonio-Fort Sam Houston, Texas.

Soldiers from the 8th TSC and the 25th ID sculpt a sea turtle from ice. The turtle is part of a larger "Reef Life" ice sculpture for the Pacific Command-level of the DOD Culinary Arts Competition. Ice sculptures have a long tradition of enhancing the presentation of cold foods and beverages.

(Photo has been altered from its original form; background elements have been removed.)

"When work is finished."

Icing the competition

Pacific Army chefs prepare for top culinary events

Story and photos by
SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — For the Army's top chefs on Oahu, every day leading up to mid-March brings a chance to improve and prepare.

Food service specialists working at the 45th Sustainment Brigade and 25th Infantry Division are training at the 8th Theater Sust. Command's Dining Facility (DFAC) at K-Quad, here, throughout February, to prepare for upcoming Department of the Army and Department of Defense competitions.

The Soldiers will compete for the Philip A. Connelly (PAC) Award, March 10, here, and will participate in the DOD Culinary Arts Competition, March 1-13, at Fort Lee, Virginia.

During the PAC, judges will inspect the DFAC itself, and during the DOD competition, they will focus on the chefs' food preparation, service and presentation.

"One of the big things is sanitation, the cleanliness of the facility," said Master Sgt. Robin Propes, the brigade food service non-commissioned officer in charge for the 45th Sust. Bde.

That involves keeping the floors swept and mopped throughout the day, cleaning dirty dishes used by both the diners and cooks, and wiping down all tables.

With a true train-as-they-fight mentality, Propes said, "They're practicing a meal every Tuesday because our competition that we are actually getting judged on is March 10, which is a Tuesday. So every Tuesday, they come in, and they prepare that day's meals from start to finish."

While training for the PAC award, the cooks are still performing their daily duties, serving Soldiers meals and maintaining the cleanliness of the DFAC.



Army food specialists from the 25th Infantry Division and 8th Theater Sustainment Command take vegetable slicing lessons as part of their Advanced Culinary Arts training at the Bronco Dining Facility on Schofield Barracks.

"It's really an inspection on our daily duties," said Staff Sgt. Ashley Leiva, the shift leader for Sustainment Bistro, 25th Transportation Company, 524th Combat Sust. Support Battalion, 45th Sust. Bde. "We're supposed to be giv-

ing good, quality food every day." As shift leader, he manages the chefs and the meals in the DFAC. "I oversee everything in the kitchen," Leiva said, "everyone inside the kitchen, so I have to make sure everyone is here, make sure that ev-

eryone has something to do, that there's no time being wasted." Propes said there will be approximately 30 Soldiers involved in the PAC from the cooks

See CHEFS B-4



Army food specialists from the 25th Infantry Division and 8th Theater Sustainment Command practice service plates as part of their Advanced Culinary Arts training, last fall at the Bronco Dining Facility on Schofield Barracks.



Philip A. Connelly Award

The Philip A. Connelly Program was established March 23, 1968, in order to recognize excellence in the Army Food Service. It is named after the late Philip A. Connelly, the former president of the International Food Service Executives Association.

The program's objectives are to promote and improve the Army food service through awareness, encourage and recognize deserving units for superb performance, award individuals for outstanding management and to honor the traditions of the program.

History of Army Culinary Profession

The first military food program was established in 1775 by the Continental Congress in an attempt to standardize rations to units.

Company-level food service was introduced in 1777 with the focus on personal cleanliness and close supervision of food preparation and cooking.

After the War of 1812, the War Department was responsible for the procurement of common supply items for all services, and the Army Subsistence Department was merged with the Quartermaster Department.

Despite these new changes, the Army was still issuing rations to individual Soldiers until after the Civil War when companies were assigned cooks.

In 1917, the Army adopted the concept that it was better to have too much than too little and that supplies should be sent forward without requiring units to submit a requisition, which added greatly to the total requirement for subsistence during World Wars I and II.

During the 1940s, coordinated subsistence procurement began taking shape with three Quartermaster depots for nonperishable items and 35 Quartermaster Market Centers for perishables.

The Vietnam War changed the way Soldiers were given food due to no clearly defined battle lines. Supply routes were in constant dan-

ger, leading to rations being used more. In the 1970s, the Army introduced the Mobile Kitchen Trailer in an attempt to push subsistence forward to the fast-moving battlefield.

During the 1980s, Meals, Ready to Eat and Tray Rations were created and became the standard rations for Soldiers in the field. Continued improvements to these rations over the years have led to larger portion sizes, increased variety of meals and better preparation methods.

In 1986, the Army took the lead in military nutrition science, presided over by the Department of Defense Combat Feeding and Research Program. As a result, the Military Nutrition Division has been leading the way of physical, physiological and nutritional requirements research in addressing the needs of modern military personnel.

Thanks to modern research, ration and hydration requirements have been defined for Soldiers working in different environments, ranging from altitude and temperature.

Scientists from the MND and Pennington Biomedical Research Center continue to improve ration technologies, address nutrition concerns, establish new programs for Soldier weight management and otherwise optimize performance through military nutrition research.



File photo

Army dining is more than MREs.



Briefs

Today

EDGE Home School Art Workshops — Teens are invited to the SB Arts & Crafts Center for a fun workshop, Feb. 27. Activities are fabric beads and painted “silk” shapes. It’s \$23/child; supplies included. Call 655-9818 for more info and registration.

Workshops are open to CYS registered youth and teens, grades 1-12.

Hawaiian Luau Lunch Buffet

— Enjoy local style food every last Friday of the month, 11 a.m.-1 p.m., at SB Kolekole and FS Mulligan’s Bar & Grill. Cost is \$14.95/person. Call Kolekole at 655-4466 or Mulligan’s at 438-1974 for reservations.

Track & Field Registration

— Be a part of the new Developmental Army Hawaii Youth Track & Field Team. Registration is open through Feb. 27 to youth born from 1997-2007. Cost is \$40/child.

First-time participants and renewals must sign-up at CYS Services Parent Central Offices. Ask about the multi-child reduction fee.

Call the Youth Sports office at FS/AMR at 836-1923 or SB/WAAF/HMR at 655-6465.

Leilehua Concert Series

— Hawaiian music by Huewa begins at 6 p.m. at The Grill at Leilehua Golf Course. Free and open to the public. Food and drinks available for purchase. Call 655-1711.

28 / Saturday

NOAA Whale Count Adventure

— The whales are still here, so don’t miss your opportunity to see them with Outdoor Recreation. Help NOAA (National Oceanic and Atmospheric Administration) count the whales for this year’s migration. Meet at SB ODR at 7 a.m.

Transportation provided along with informational tour guidance; bring water, snacks and seeing eyes to spot the whales. Ages 10 and up are welcome. Reservations are required, 655-9046/9045.

March

1 / Sunday

Pottery Wheel Throwing

Create a beautiful vase or decorative bowl at the pottery wheel throwing

10K RUN

MARINE CORPS BASE HAWAII, Kaneohe Bay — Join MCBH K-Bay for a 10-kilometer run from Dewey Square, up and down Radar Road, and around along the Nuupia Ponds trail.

The Beast, the first 10K race of the Marine Corps Community Services’ Commanding Officers Semper Fit Series, is at 7 a.m., March 21.

Entry is open to individuals and groups of 10, both military and civilian. All groups must begin and finish together.

Registration is \$30 for individuals and \$140 for groups who register by March 13. A late fee of \$10 for individuals and \$40 for groups will be charged for those who register after March 13.

Visit www.mccs.hawaii.com/races or call the Semper Fit Varsity Sports coordinator at 254-7590.



sessions at the SB Arts & Crafts Center, from 11 a.m.-3 p.m., and Tuesdays from 5-8 p.m. Call 655-4202.

Xbox Competition — Do you have what it takes to withstand the brutal onslaught and relentless taunting of an Xbox gaming competition? Tropics Recreation Center presents the March Xbox challenge. Sign-up starts at 5:30 p.m., every Sunday in March. Games begin at 6 p.m.

The Xbox NBA 2K15 game will be played in the competition. Winners’ matches will be played on the blow-up screen. The 1st place winner receives a \$30 gift card, March 29.

Free popcorn; must be 18 or older. Call 655-5698.

2 / Monday

First Termers Financial Training — This SB ACS Financial Resilience Center workshop focuses on basic financial skills to help develop self-reliance and personal responsibility while learning tools for financial success.

This is a mandatory program of in-

struction for first-term Soldiers, offered every Monday, 8:30 a.m.-4:30 p.m., at Bldg. 647. Soldiers must bring an end of month LES.

A certificate is awarded to each participant who completes the eight hours of instruction. Call 655-1866.

4 / Wednesday

EFMP — The Exceptional Family Member Program invites patrons to the following:

- March 4, 2:30-4:30 p.m., SB bowling.
 - March 18, 9 a.m.-2 p.m., Ho’omaluhia Botanical Gardens catch and release fishing.
 - April 3, 10 a.m.-noon, FS Easter egg hunt and crafts.
- Registration is required at “class calendar” at www.himwr.com. Call 655-4227 or 438-4227.

6 / Friday

AER Early Donation — Donate to Army Emergency Relief from March 6-May 15. Donation forms are available at SB ACS, Bldg. 2091, or at the Community Readiness Expos held

at the SB Nehelani on Thursdays. Return completed donation forms to ACS. Contact the AER officer at 655-7132.

Right Arm Night — Kick back, beginning at 5 p.m., with your “right arm” with drink specials and a pupu buffet at SB Nehelani. Spouses and DOD civilians welcome. Adult event includes Texas Hold’em Tournament. Call 655-4466. Unit pride competition competes for a \$100 MWR buck prize.

7 / Saturday

Ladies Golf Clinic — Make an appointment and a PGA professional will show you that you can play golf. This free clinic is held by appointment only, for 30 minutes. Call 655-4653.

Hike and Whale Watch — One of the world’s largest and most majestic creatures is right on our doorstep here in Hawaii, the humpback whale. Join Outdoor Recreation, 8:30 a.m.-12:30 p.m., for a hike and whale watch experience. Call 655-9046.

7 / Saturday

Pacific Aviation Museum — “Discover Your Future in Aviation” day is 9:30 a.m.-4 p.m., Saturday, March 7. Get information and discounted tickets at www.PacificAviationMuseum.org.

8 / Sunday

Free USO Variety Show — Joint Base Pearl Harbor-Hickam will host a USO free variety show at Ward Field at 6:30 p.m., Sunday, March 8. Gates open at 5:15 p.m.

The variety show will feature a host of popular celebrities and athletes and is open to military and DOD ID cardholders and their sponsored guests. Visit www.greatlife.hawaii.com.

11 / Wednesday

WAAF Bike Safety Bonanza — This is an instructional event at WiliWili Park, 4-6 p.m., that teaches your kids the rules of the road and how to keep safe while riding their bike. Each child receives a giveaway provided by the School Liaison Office.

25 / Wednesday

National Breakfast — The USAG-HI Religious Support Office is hosting the National Prayer Breakfast, 7:30-9 a.m., March 25, at the SB Nehelani. Tickets will be available from unit chaplains beginning March 10.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Hawaii Red Cross Online Auction — Bid on hotel stays in Bora Bora, London, Oahu and the neighbor islands, as well as golf and entertainment packages, gas cards and restaurant gift certificates. Proceeds benefit the Hawaii State Chapter of the American Red Cross.

Visit biddingforgood.com/hawaii iredcross to view items and make a bid through March 11.

Haunted Plantation — Hawaii Plantation Village hosts the 45-minute interactive, theatrical thriller “1706.” Performances Friday and Saturday nights include 10 showings per night with 12 spots per showing. Tickets are on sale at www.170six.com or call 783-8381.

28 / Saturday

Pearlridge Fit & Fabulous

— This fashion show and health fair, 10 a.m.- 2 p.m., features free bang trims, hair and skin consultations, kickbox-

ing and zumba demonstrations, the latest beauty samples, live musical entertainment and insider tips on 2015’s latest trends.

A 45-minute fashion show, emceed by local fashion maven Olena Heu, will feature the hottest active wear, spring apparel and accessory designs. Located at the center’s Uptown Center Court. Visit Pearlridge Online.com.

March

1 / Sunday

Kings of Leon Concert — Multiplatinum-selling Nashville alternative/Southern rock group performs 7:30 p.m., March 1, at the Blaisdell Arena. Tickets at www.ticketmaster.com, the Blaisdell Box Office or call (800) 745-3000.

3 / Tuesday

Shafter Housing Services

— Beginning 9 a.m., Tuesdays and Thursdays, March 3-April 30, the Housing Services Office will conduct twice weekly in-processing briefs for newly arrived Soldiers at 111 7th St., Bldg. 1004, FS. Limit of 15 Soldiers per briefing; contact Pam Hirota at 438-1518.

4 / Wednesday

Bike Safety Bonanza — Aliamanu Community Center hosts

from 4-6 p.m.; instructional event teaches your kids the rules of the road and how to keep safe while riding their bike. Each child receives a giveaway provided by the School Liaison Office.

George Benson

Ten-time Grammy winner performs, 7:30 p.m., March 4 at the Blaisdell Concert Hall. Tickets \$35-\$95 at Blaisdell Concert Hall, ticketmaster.com or (866) 448-7849.

6 / Friday

Earth Day Exhibitors — USAG-HI and partners will host three Earth Day festivals for Soldiers and families, April 4 (Weyand Field, SB), April 22 (Kalakaua Center, SB) and April 25 (FS Flats). Potential exhibitors and interested parties should call 656-3103, no later than March 6.

“Ma Rainey’s Black Bottom”

— The Actor’s Group completes the August Wilson 10 play cycle portraying African-American life in each decade of the 20th century with this depiction of Chicago in the ‘20s, 7:30 p.m., Thursdays-Saturdays; Sunday at 2 p.m., March 6-29.

Tickets for the Brad Powell Theatre production, 650 Iwilei Road, are available online at www.taghawaii.net or call 722-6941.

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



The Boy Next Door

(R)
Fri., Feb. 27, 7 p.m.
Thurs., March 5, 7 p.m.



Strange Magic

(PG)
Sat., Feb. 28, 4 p.m.
Sun., March 1, 2 p.m.



Mortdecai

(R)
Sat., Feb. 28, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Keiki ‘build’ a forest with environmental awareness

Story and photo by
CELESTE HANLEY
Oahu Army Natural Resources Program

SCHOFIELD BARRACKS — Over 100 elementary school students from central Oahu interacted with a native Hawaiian forest at the Hawaii Agriculture and Environmental Awareness Day at the Urban Garden Center in Pearl City, Feb. 13.

While this may seem like an unlikely place to find a forest these days, students from five schools were able to get a glimpse into the unique native habitat that exists in their own “backyards” — the mauka areas upland from where we live, with a little help from the Oahu Army Natural Resources Program, or OANRP.

Closer to nature

High in the Waianae and Koolau mountains, an extraordinary community of native Hawaiian plants and animals dominates the landscape in places where humans enjoy only a visitor status. Since it can take a full day to hike to these areas, much longer than the length of a school day, OANRP brought the forest to the schools at this year’s Agriculture and Environmental Awareness Day, an event hosted by the Pearl City Urban Garden Center to promote greater awareness and understanding of local agriculture and the environment.

Using a simple backdrop panorama of a high elevation forest on Oahu, the students learned about the unique members of the native forest, including the plants and animals that made it to Oahu over four million years ago without the help of people.

Eager students volunteered to help OANRP staff place cutouts of the uniquely Hawaiian trees, birds, bugs and snails on the landscape, “building” a diverse community of life within the bustling confines of the Urban Garden Center.

The students also filled the landscape with some of things that don’t belong in our forests and threaten their survival, such as invasive



A student helps put together a display at the Urban Garden Center in Pearl City on Feb. 13. The display, which showcases plants and animals found in a native Hawaiian forest, was created by the Oahu Army Natural Resources Program for Hawaii Agriculture and Environmental Awareness Day.

plants, feral pigs and even fire. A lot of these threats, such as the invasive strawberry guava tree, are more familiar to the students than the native Hawaiian species, as they have taken over many of the more accessible natural areas on the island, where few, if any, Hawaiian plants and animals remain.

“Should we just let these things take over the last remaining native forests of Oahu?” OANRP AmeriCorps intern Noweo Kai asked the eager elementary school students.

Each group unanimously agreed, “No!” and was given an opportunity to brainstorm how to stop these threats.

OANRP efforts

The students also learned what OANRP is currently doing to manage native forests, such as building fences to keep out pigs and goats, removing invasive weeds, preventing the spread of fire-promoting weeds and controlling fire events via helicopter.

OANRP protects over 100 endangered species throughout the island, almost a fourth of the endangered species found in the state. Despite this large number, one student dared to wonder in front of his classmates at the end of the activity, “Do you ever find new species in the forest?”

OANRP staff happily reported on the new species discoveries of program staff and other exciting finds in the state.

“As we’ve been able to survey Army training areas more thoroughly over the years, there have been several occasions in which we’ve found a species we thought was extinct, or even found a new species that’s never been documented by the scientific community, like several of the insect species discovered by staff entomology specialist Dr. Karl Magnacca,” described Kimberly Welch, outreach specialist with OANRP.

Adaptation

Our human population continues to grow, and drastic environmental changes are happening before our eyes. We now, more than ever, need to ensure that the next generation has a vested interest in conserving our natural environment, including the endangered species that have called Oahu home for millions of years.

Building a forest with elementary school students on Agriculture and Environmental Awareness Day is just one of many ways OANRP connects with youth on this subject. Outreach staff also lead volunteer trips in remote mountain areas on Oahu, where volunteers learn about and actively protect Hawaiian plants and animals, including rare and endangered species, in a native Hawaiian ecosystem.

Trips are open to ages 14 and up, and the program can also accommodate school groups as young as fourth grade.

How to Volunteer

If you are interested in getting involved in the effort to protect our native ecosystems, contact outreach staff at (808) 656-7741 or via email at outreach@oanrp.com.

9th MSC helps military kids build robots, learn teamwork

Story and photos by
SANDRA RIVERA
9th Mission Support Command

HONOLULU — Army Reserve Child Youth and School Services, Operation Military Kids, 4-H, and National Guard Child Youth Services hosted a Science, Technology, Engineering and Math (STEM) School Break Youth Enrichment Program at the National Guard’s 103rd Troop Command Headquarters dining facility, Feb. 16.

This was not your typical day of learning for the 30 students in attendance.



Benjamin Lynde, son of Col. Charles Lynde, 9th MSC chaplain, shows the robot he constructed at the “STEM-tastic 6: Robotics” event.

About STEM

The use of advanced technology in the classroom is part of President Obama’s “Educate to Innovate” Campaign for Excellence in Science, Technology, Engineering and Math.

STEM introduces the use of advanced technology to prepare all students for the challenges and opportunities in the 21st century global environment.

Soldiers, kids, community partners, volunteers and robots led to a fun day of science, learning and exploration. The event, “STEM-tastic 6: Robotics,” focused on robot mechanics and electronics, problem-solving and teamwork.

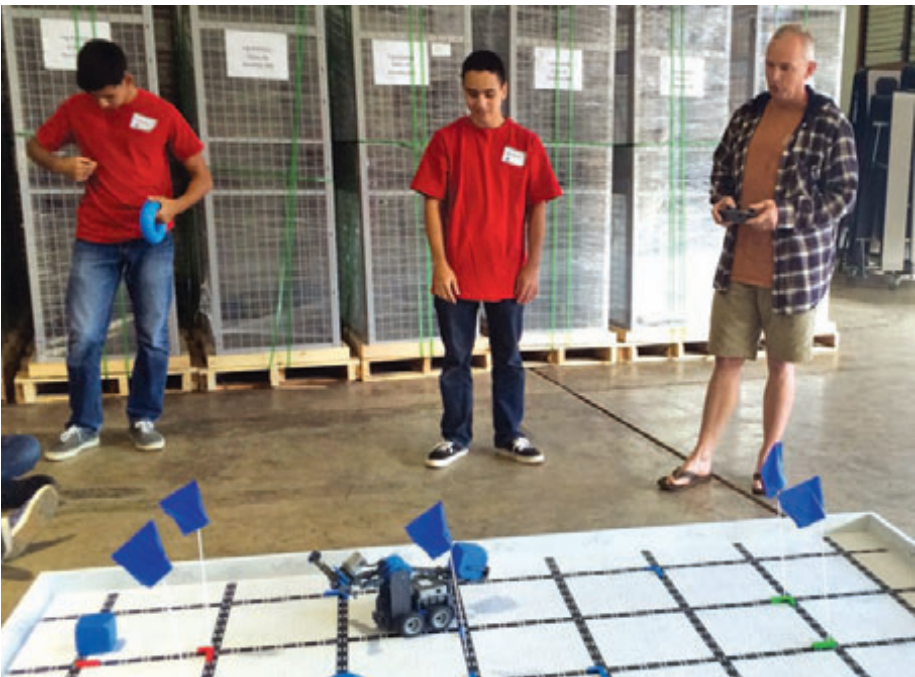
Adult family members, Army Reserve teen panel members and five teen volunteers provided assistance to the students throughout the day.

Army Reserve and National Guard children with little or no experience in robotics participated in this exciting event. Participants, ages 8 to 15, worked with VEX IQ robots.

Sgt. 1st Class Chad Bates, marine maintenance noncommissioned officer, 548th Transportation Company (LSV), 9th Mission Support Command, came to the event with his son.

“My son, Topher, had a fantastic day building and operating robots.” Bates said.

Students gained knowledge on the mechanical and electronic portion of the robot by assembling a clawbot, one of a number of different types of VEX IQ robots. These robots do not require any tools to build and can be built and operated within a few hours. The robotic brain



Sgt. 1st Class Chad Bates (right), 548th Transportation Company (LSV), 9th MSC, navigates a robot through an obstacle course while teen volunteers look on. The “STEM-tastic 6: Robotics” event taught mechanics and math concepts through the use of robotics.

that operates the robot is controlled by drivers using a remote control.

During the first hour of the event, active duty Soldiers from the 706th Ordnance Co. provided an interactive demonstration using two ordnance disposal robots and explained their use and benefits in the military. Parents were invited to stay for this part and also try the demo VEX IQ robot.

Following this, 10 three-children teams were formed.

Each team member had a different task that rotated throughout the event: as an assembler,

an instructions reader and someone to find and match parts.

Once all robots were built and tested, the teams competed in an ability challenge consisting of moving three objects from point A to point B in a platform.

At the end of the day the kids had new friends, as well as a new understanding of science concepts and problem-solving skills.

(Editor’s note: Rivera is a school services specialist, Army Reserve, Child, Youth & School Services Program, 9th Mission Support Command.)

GENERAL’S LOOP MARDI GRAS



Photos by Staff Sgt. Matthew G. Ryan, 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Army Hawaii Music performs a Mardi Gras concert at General’s Loop, Saturday, as part of the Music on the Lawn series.



Chefs: Competitive juices flowing

CONTINUED FROM B-1

themselves to the administrative personnel and the ration section that controls the inventory.

Leiva said that competing in and winning these competitions is and will be an honor for U.S. Army-Pacific, U.S. Pacific Command, and Army food service specialists as a whole.

Propes said, “Everybody’s motivated. We all have our eyes on the prize and hope that we win.”

The team said the preparation for the PAC inherently helps their members prepare for the DOD competition later in March.



Army food service specialists with the 8th TSC and the 25th ID prep for lunch, Feb. 10, at the K-Quad Dining Facility.

Culinary Arts

The Culinary Arts Competition promotes growth in the military food service profession and showcases the talents of military chefs from all branches of the U.S. armed forces.

The competition focuses on practicality, nutrition, workmanship, economy, presentation, creativity and concept.

It recognizes individual and team efforts while providing incentives and recognition in the form of certificates, medals, trophies and continuing education credit hours that can be used toward credentialing.

Commissaries support Military Saves Week

CHERIE HUNTINGTON
Defense Commissary Agency

FORT LEE, Virginia — Maybe there are times when you envy friends or colleagues for the buying power they apparently command.

After all, how do they spring for that popular, but expensive specialty coffee, that premier movie everyone wants to see or that ebook on the bestseller list?

Seems like your budget can’t handle such splurges, no matter how rare.

For military members and their families, the Military Saves organization at www.militarysaves.org provides the tools you need to set goals and make a plan for your savings.

Military Saves Week, Feb. 23-28, would be the perfect time to get started. The site even offers support via “Take the Pledge,” a tool to kick-start your efforts.

This year, the Defense Commissary Agency is once again helping to spread the word on responsible financial planning. With its overall savings of 30 percent or more, the commissary can help you make the most of every dollar and stick to a budget.

Better yet, it can help you afford healthier eating, because fresh alternatives there are both plentiful and economical.

Commissaries also promote healthy cooking at home by hosting cooking demonstrations and promoting simple meal recipes even the busiest family can accommodate.

Here are some benefits of shopping at the commissary that can help preserve your budget:

- Though savings average 30 percent or more, produce delivers savings of 44 percent, and meat, 32 percent.
- Commissaries offer better-for-you food choices, including organics and a growing number of “specialty” items rapidly becoming

ing mainstream, such as gluten-free alternatives, low sodium, sugar-free and reduced-calorie products.

- Around 400 Commissary Value Brand items in 33 categories offer savings of about 25 percent when compared to the store brand and private label items found in commercial retail stores. In some instances, savings could be as much as 50 percent.
- Commissaries strongly support use of coupons for additional savings, and the Commissary Rewards Card banks electronic coupons for automatic savings at check-out. Card users recently topped 350,000 and more than 5.3 million digital coupons have been redeemed, saving customers nearly \$6 million on their groceries.

So whether your budget allows for little indulgences or sticks to essentials only, let the commissary serve as your partner in savings, not only during Military Saves Week, but year-round. Commissaries worldwide support the campaign by providing information on personal financial awareness and preparing nutritious meals for less.

Military Saves is part of the Department of Defense’s Financial Readiness Campaign to encourage military families to save money every month.

More Online

For more information, visit www.commissaries.com/rewards/index.cfm or www.commissaries.com.

Customers can join Military Saves via Facebook, Twitter, Web page and its monthly newsletter. Visit www.militarysaves.org.



Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

The Schofield Commissary offers everyday savings that support the Military Saves initiative.

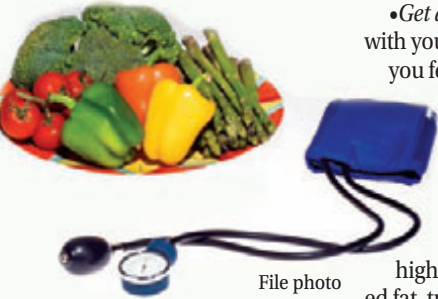
Seek some ‘heart’ love this month

MAJ. JASMINE PETERSON
U.S. Army Public Health Command

Did you know that your heart beats more than 100,000 times a day, pumping nearly 1,900 gallons of blood?

This means your heart is beating almost 42 million times and pumping about 700,000 gallons of blood a year!

February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay “heart healthy,” so, show your heart some love this month.



File photo

Monitoring your heart and eating properly are both “heart healthy.”

Beginnings

One of the first steps to cherishing your heart is to know and understand your heart health numbers:

- Monitor and know your blood pressure.* High blood pressure or hypertension is often called the “silent killer” because many do not know they have it, and it is one of the leading causes of death within the United States.
- A healthy blood pressure is a systolic pressure (the top number, pressure when the heart is beating) below 120 and a diastolic pressure (the bottom number, pressure when the heart rests between beats) below 80.
- Check your cholesterol.* Cholesterol is a waxy fat-like material that your body needs. However, too much of it puts you at risk for heart disease and stroke.

You can check your cholesterol

through a simple blood test. Get your cholesterol checked every five years, unless your health care provider recommends more frequent checks, ensuring that your heart is pumping as smoothly as possible.

- Track your weight.* Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Heart Passion

Be passionate about your heart’s health by putting some prevention into play:

- Get a yearly check-up.* Work with your health care team, even if you feel healthy. This is a great way to check for and control conditions that may be putting you at risk for heart disease, such as hypertension or diabetes.
- Eat healthy.* Eat foods high in fiber and low in saturated fat, trans fat, salt and cholesterol. Aim to eat at least five servings of fruits and vegetables a day. Choosing to eat a healthy diet can help you avoid heart disease.

- Exercise.* One of the best ways to make your heart strong is to work it out. Getting at least 150 minutes of exercise a week, like brisk walking, which can help you stay at a healthy weight and lower your cholesterol and blood pressure.
- Don’t smoke.* If you smoke, quit. If you don’t, do not start.

Smoking cigarettes greatly increases your risk for heart disease. Your health care team can help you quit, so give them a call if you smoke or use tobacco products.

- Limit your alcohol.* Drinking too much alcohol over time can increase your risk for heart disease. If you are a woman, stick to no more than one alcoholic beverage a day and if you are a man, no more than two.

So, go ahead and make your heart your valentine this month and try these tips.

Behavioral health center opens

DEPARTMENT OF BEHAVIORAL HEALTH
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — The formal opening of the Schofield Barracks Child and Family Behavioral Health Service highlighted a busy month for the Department of Behavioral Health.

This month, the Department of Behavioral Health welcomed visitors from the Department of the Army, Army Medical Command, and Pacific Regional Medical Command to highlight the expanded behavioral health services offered to Soldiers and family members at the installation.

Transition focus

Army Medical Command conducted two independent assessments during the second week of February to evaluate the behavioral health system of care at Schofield Barracks and the in- and out-processing of Soldiers during change of duty station transitions.

Both evaluations were positive, and Schofield’s growing behavioral health resources ensure Soldiers and family members receive the care needed to successfully transition and meet the demands of military life.

Family behavioral service

Additionally, the newly commissioned regional flagship Child and Family Behavioral Health Service, located with the U.S. Army Health Clinic-Schofield Barracks, hosted a regional training event from Feb. 10-12.

It brought in behavioral health and primary care leaders from across the Pacific to instruct primary care providers on the interface between specialty behavioral health services and primary care resources.

The training concluded with an open house on Feb. 13, which formally opened the clinic.

New behavioral assistance resources

The Department of Behavioral Health has doubled in provider strength in the past 18 months as a



Photo courtesy of Schofield Barracks Health Clinic

The newly commissioned Child and Family Behavioral Health Service at the Schofield Barracks Health Clinic hosts a two-day regional training event for primary care and behavioral health leaders.

result of regional restructuring of behavioral health resources to better support military families within the Schofield surrounding areas. What was once a single clinic, Warrior Behavioral Health, is now five behavioral health service lines, all located within the medical neighborhood at Schofield Barracks:

- The four Embedded Behavioral Health clinics support active duty Soldiers within each battalion-sized command. Each battalion is assigned a single provider to act as the behavioral health point of entry for the unit.

The mission of the embedded behavioral health provider is to provide far-forward compassionate, evidence-based care to support diverse behavioral health conditions with the ultimate goal to return to satisfactory function for mission readiness and life.

The Department of Behavioral Health continues to grow and flex with the needs of the supported Soldiers and family members.

- The Child and Family Behavioral Health Service supports family members of all ages. Located on the grounds of the clinic, this newly commissioned program provides therapy and medication management for behavioral health conditions.

The Health Clinic Family Advocacy Program is the clinical arm of the Schofield Barracks installation Family Advocacy Program, which provides assessment and treatment for families grappling with domestic violence.

- The Intensive Outpatient Pro-

gram is a four- to six-week half day program designed to support Soldiers requiring higher levels of behavioral health support beyond routine outpatient care, but who do not require inpatient or residential treatments.

The intent of this program is to stabilize vulnerable Soldiers in need, therefore, reducing inpatient behavioral health admission and readmissions.

- The Behavioral Health Multi-Disciplinary Service provides support for complex behavioral health conditions, often with multiple diagnoses, including pain, addiction or other medical conditions. The service, in the process of standing-up, will provide expert consultation for primary care managers and support collaborative care within the Soldier and Patient Centered Medical Homes.

About Behavioral Health

The Department of Behavioral Health welcomes all TRI-CARE beneficiaries, regardless of branch of service, and looks forward to continued expansion of services to best support Oahu warrior families.

There are 20 primary care and Behavioral Health providers from clinics at Schofield, Tripler, Korea and Japan. Participants receive training on early identification, evaluation and treatment of common behavioral health disorders in children.